



Bow Ties with Artichoke Pesto

 Vegetarian

READY IN



15 min.

SERVINGS



6

CALORIES



566 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound bow tie pasta
- ☐ 1 teaspoon juice of lemon recommended: ReaLemon
- ☐ 13 ounce marinated artichoke hearts drained recommended: Mezzetta
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 2 tablespoons parmesan grated plus more for serving
- ☐ 6 servings parmesan grated for serving
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 0.3 cup walnuts chopped

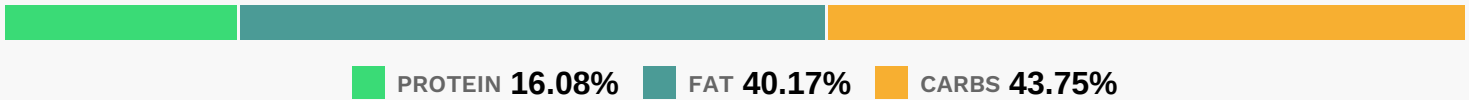
Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot

Directions

- ☐ In large pot of boiling, salted water, cook bow ties per package directions.
- ☐ In a food processor, combine artichoke hearts, lemon juice, Parmesan, and walnuts, and process for 30 seconds.
- ☐ Slowly drizzle in olive oil until mixture becomes a thick paste.
- ☐ Transfer pesto to a large bowl. Season, to taste, with salt and pepper.
- ☐ Drain pasta and add to pesto in bowl. Toss to coat.
- ☐ Serve hot with grated Parmesan.

Nutrition Facts



Properties

Glycemic Index:24.67, Glycemic Load:23.05, Inflammation Score:-7, Nutrition Score:16.259565166805%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 566.37kcal (28.32%), Fat: 25.03g (38.51%), Saturated Fat: 7.29g (45.54%), Carbohydrates: 61.33g (20.44%), Net Carbohydrates: 57.33g (20.85%), Sugar: 3.03g (3.37%), Cholesterol: 21.53mg (7.18%), Sodium: 745.51mg (32.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.55g (45.09%), Selenium: 55.15µg (78.78%), Manganese: 0.88mg (43.94%), Calcium: 408.43mg (40.84%), Phosphorus: 379.74mg (37.97%), Vitamin A: 863.13IU (17.26%), Vitamin C: 13.28mg (16.1%), Fiber: 4g (16.01%), Magnesium: 61.92mg (15.48%), Copper: 0.31mg

(15.38%), Zinc: 2.09mg (13.93%), Iron: 1.88mg (10.42%), Vitamin B2: 0.16mg (9.3%), Vitamin B6: 0.16mg (8.15%), Vitamin E: 1.2mg (7.98%), Vitamin B3: 1.43mg (7.14%), Vitamin B1: 0.1mg (6.49%), Potassium: 221.47mg (6.33%), Vitamin B12: 0.38µg (6.33%), Folate: 20.79µg (5.2%), Vitamin B5: 0.5mg (5%), Vitamin K: 5.12µg (4.88%), Vitamin D: 0.16µg (1.06%)